

# BARSTOW LOG

SUPPORTING MCLB'S VISION FOR THE 21ST CENTURY

Vol. 8, No. 18

Marine Corps Logistics Base Barstow, California

May 6, 2004

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## Heat Flags

As temperatures soar in the high desert, they could help keep you safe this summer.

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## Check out the Marine Corps Web site.

<http://www.usmc.mil>

# Maintenance Center Barstow opens, operates 'state-of-the-art' paint facility



Photo by Rob Jackson

Brian Cheek, painter, finds painting smaller components are much easier to do when mounted on the new paint and coating facility's switchback monorail and trolley system.

By Rob L. Jackson  
BARSTOW LOG Staff

Maintenance Center Barstow's new \$8.4 million state-of-the-art paint and coating facility is a product of forward thinking, and with all the technically advanced equipment it's an automotive painter's dream.

With more than 38,000 square feet of production space it is nearly double the size of the old paint facility and combines under one roof operations that were being performed in four separate locations at the Maintenance Center.

One of the key items about the facility is that it is environmentally compliant within the state that has the most stringent environmental laws, next to Hawaii, in the country – California, according to Russ Lynn, Metals and Coating Branch Head, Maintenance Center Barstow.

The ever-changing chemical composition of new and improved paints the Marine Corps and the other military branches are using required MCLB Barstow to upgrade its paint and coatings facilities and the associated air pollution control systems to remain compliant and competitive, according to Lynn.

"Which is the main reason we built this facility," Paul Clemmons, Paint Shop supervisor, emphasized.

The air pollution control system operating in the new facility is called a regenerative thermal oxidation system. It collects all the volatile organic compounds, which are hazardous compounds coming off the paints as they are drying and atomized in spraying, and burns them up, according to Lynn.

In explaining how the system works both Lynn and Clemmons agreed that the APCS incorporates an apparatus called zeolite, which is no more than a huge wheel, and because of the properties of the zeolite all volatile compounds adhere to it.

"Then as the wheel rotates, a portion of the VOC-laden wheel is exposed to a port inside the concentrator," said Lynn.

Air is then forced through the port heating the VOCs, which are then blown off the wheel and into the thermal oxidation system. Once in the oxidation system the VOCs are incinerated.

"(The system) has about a 99 percent destruction rate," Clemmons added.

"Basically, all the paint booths and drying ovens are ducted to the APCS and are evacuated out as the artisans are painting," said Lynn. "You have makeup air coming in and exhaust air going out. It (APCS)

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## VITA closes books on successful tax season

By Cpl. Andy J. Hurt  
BARSTOW LOG Editor

With the passing of another April 15, tax-paying personnel on base are already looking forward to next year. It may not be the looming shadow of the Internal Revenue Service, or even the paperwork that creates such excitement during tax season, but most likely the satisfaction customers received here through the Volunteer Income Tax Assistance Program.

Cpl. William Rowson, a record clerk in the Military Personnel Division here, admitted that he sought an easy way out of tax preparation this year.

"I don't know how to do taxes," he said.

"(VITA volunteer) Staff Sgt. (John C.) Sweredoski made it easy for me."

The VITA program is an annual IRS-sponsored volunteer tax service, designed to save taxpayers the hassle of paper trails, high accounting fees, and hopefully, an audit.

This year at MCLB Barstow was no exception to the reputable service, according to Jacque Fadeley, a paralegal specialist at the Office of the Staff Judge Advocate.

Earlier this year, Fadeley said the program boasted precision accuracy at no cost to the customer. The program saved taxpayers around \$40,000 in tax preparation costs alone for the year 2002.

Yet history shows that often times preparation costs do not deter

young service members.

"I've heard of Marines paying up to \$150 in town, just so they could get that 'instant rebate,'" said Staff Sgt. John C. Sweredoski, legal chief at the MCLB Barstow Office of the SJA.

Instant rebates combined with high costs were put to shame at the close of this year's tax season through MCLB Barstow's local VITA program.

According to Fadeley, the 2003 program, through the IRS's E-File system, returned \$342,068 in short time to qualifying personnel for free.

The volunteers, MCLB Barstow's smallest group yet, said Fadeley, worked meticulously and efficiently to process 234 federal returns and 173 state returns.

The clientele mainly consisted of those who could benefit most.

About 135 active-duty Marines and their dependents, plus 60 soldiers, 29 sailors, eight airmen and one Coast Guardsman took advantage of the program here, according to the 2003 TaxWise Military Preparer Summary.

The attendance numbers, however, were down from the 2002 season.

Fadeley credits the decline in numbers not to lack of quality, but to technology.

"With the availability of online filing, more people are doing taxes themselves," she said.

As for the quality of the program,

See VITA Page 8



# The Commander's Forum

The "Commander's Forum" is a tool of the base commander to hear and address the concerns of base residents, employees and others. To contact the Commander's Forum, call the hotline at 577-6535 or send your concerns via snail mail to Commander's Forum, Marine Corps Logistics Base, Barstow, CA 92311

**Q** "The Widest Dissemination message on No Retiree/Civilian Prescriptions at the clinic" is rather disturbing. I have often seen retirees getting several prescriptions filled at a time at the Medical Clinic. Now these people, some of whom are on very fixed incomes are forced to take their prescriptions to a civilian pharmacist for filling. The out-of-pocket costs these people must pay can, at times, be very high. Do all retirees have TriCare Prime? I doubt it. It is also unclear in the below message who exactly is filling the prescriptions for the active duty if there is no pharmacist available. Is someone doing this illegally? I know I feel this more deeply because I am the spouse of retired military

and I don't like the way we (retirees and their families) are, at times, treated. I sincerely hope this situation is soon resolved."

**A** The clinic pharmacy experienced the unforeseen loss of its sole pharmacist and as a result, the clinic is no longer able to fill prescriptions from civilian providers, except for special situations involving active duty personnel. The clinic will resume full services as soon as another pharmacist is hired and is making every effort to keep this disruption in pharmacy services to a minimum period of time. Without a phar-

## Submission

The Commander's Forum is used to keep the work force informed, to explain why things are they way they are or appear to be, and, when possible, to correct situations or make improvements. It is a two-way channel through which people may address concerns they're not able to resolve through the chain of command. Every Commander's

Forum call or e-mail is researched, even if it is not published in the Barstow Log. If "callers" identify themselves, they will receive a response. The key to having a question and its response published in the BARSTOW LOG is that it be specific and address things that may impact a significant amount of the base employees or tenants.

macist on site, the clinic does not meet the civilian standard of care for pharmacy services, which requires a licensed pharmacist to review all medication orders.

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# Life is full of temptations

By Lt. Cmdr. Randel Livingood  
Base Chaplain



Life is full of temptation. It seems like we are always being tempted to purchase something that "we absolutely must have."

We are also regularly tempted to run to the phone and dial up our favorite pizza company and have this wonderful tasty treat delivered fresh to our door.

In fact, sometimes you can see commercials that say things like, "If it wasn't for fast food, some guys would starve," indicating that a certain gender have no skills in preparing food for themselves.

The temptation being that if you buy prepared food you never have to cook for yourself. Other temptations come in other ways.

We are tempted to buy new flashy vehicles that we usually don't need. If you take care of your vehicle it can last quite a long time unless it is a "lemon," and therefore you end up purchasing a car because you have had the one you are driving for 10 years and just

want another one.

Life is full of temptations like that. It seems there is always something vying for our attention, questing for our liquid assets. I believe that those temptations are fairly easy to resist simply because they are so easy to see.

They are right out in the open and you can say to yourself, "I don't need that." Then you can feel good that you avoided temptation and move onto denying yourself the next luxury with which you are presented.

Real life is sometimes more difficult than that. Real life presents us with far more subtle and enticing temptations to be sure. Certainly we see evidence of people who yield to temptation every day.

We hear stories of people who were tempted to take money that was not theirs and were caught. We hear stories of people who were tempted to break the trust of their mate to be with someone else.

We hear stories of every description of people who have yielded to temptation and we may wonder how it is that we don't yield ourselves.

The fact is that many people have the ability to see things in a way that allows them to understand that being tempted does not

See **CHAPLAIN** Page 8

## Just doing my job ...



Photo by Pfc. Nich R. Babb

Bernadette Andrews of Maintenance Center Barstow, completes a "labbing" process, or smoothing out common inconsistencies on mechanical parts. Andrews' priority is to keep the machine filled with a mixture of oil, water, and grit. She has been working at MCB for 10 years and has held a government job for 27.

## Chapel Services

Protestant Sun. 8:30 a.m.

## Bible Study

Bible study will now be held at the Colonel's Workshop, Bldg. 573 Tuesdays and Thursdays from 11:30 a.m. to 12 p.m..

For more info call 577-6849.



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# News Briefs

"News Briefs" is designed to disseminate information to the MCLB Barstow community. Submissions should include a point of contact and phone number, and be received by noon Thursdays for the next week's issue. Submit news briefs via e-mail to [editor@barstow.usmc.mil](mailto:editor@barstow.usmc.mil).

## Lunch Menu

Unless otherwise indicated lunch menus for the Family Restaurant, Cactus Cafe and the Lanzer's Lounge are the same. Lunch menus are subject to change.

**Today** – Family Restaurant: Baked potato and salad bar. Cactus Cafe and Lanzer's Lounge: Chicken tenders.

**Friday** – Three piece fish, steak fries and coleslaw.

**Monday** – Spaghetti and meat sauce with garlic bread.

**Tuesday** – Chicken adobo with steamed jasmine rice.

**Wednesday** – French dip sandwiches, steak fries and coleslaw.

Active duty military \$3.25, all others, including civilians \$4.75.

Lunch entrees include roll/butter, vegetable, coffee, tea or soft drink.

Lunch hours: Family Restaurant: 10:30 a.m. to 1 p.m. Cactus Cafe: 11 a.m. to 12 p.m. Lanzer's Lounge: 11:30 a.m. to 12 p.m.

For more information call 577-6428.

## Breakfast

Breakfast at the Family Restaurant is from 5:30 to 7:30 a.m., and at the Cactus Cafe from 5:30 to 6:30 a.m. Prices: Active duty military \$1.60, all others \$3.25.

## Family Night Dining

**Tonight** – Oriental Night! Chicken Pansit, Pork Adobo, steamed Jasmine Rice, tossed green salad, dessert and fountain drink of your choice.

## Luncheon

The Asian Pacific Islander Committee is scheduled to hold a luncheon May 20 from 11 a.m. to 12:30 p.m. at the Marine Corps Logistics Base Barstow's Oasis Club. Teriyaki chicken, steamed jasmine rice, stir-fry vegetables, rolls, butter and iced tea will be served. Tickets cost \$7.50 and can be purchased from the following API committee members by May 13:

Tulu Niusulu 577-7180  
Sam Callejo 577-6632  
Hegi King 577-7695  
Vee Pasco 577-6884  
Fred Molino 577-7210  
Debbie Anilao 577-6746

Corina Bonner 577-6619  
Amy Mandap 577-6895  
Marva Johnson 577-6965

## DEFY

The Drug Education For Youth program (Phase 1) schedule is out. Mentors and Counselors are currently attending classes to ensure a safe and fun learning environment for the children.

The deadline for applications is Friday, with a parent's notification scheduled for Wednesday and an orientation May 17.

The camp will be held June 14 through 18.

Applications are located at the Base Chaplain's Office, the Youth Activities Center and the Headquarters Battalion office.

For more information, call Staff Sgt. Lafawn Skipper at 577-6849.

## Leave Sharing Program

Purificacion Pasco, Marine Corps Community Services, has been affected by a medical emergency.

People desiring to donate leave under the Leave Sharing Program may obtain a leave donor application through their division/section administrative officer.

For more information, call Donna Wilder or Johnnie Curtis, Civilian Management Support Division, at 577-6638/6734.

## NMCRS Fund Drive

April 12 marked the beginning of the Navy Marine Corps Relief Society Fund Drive.

Contribution forms need to be filled out for each individual donation, whether for cash or check.

The goal this year is to make 100 percent contact.

All money donated to the fund drive go to the charity, without administrative expenses.

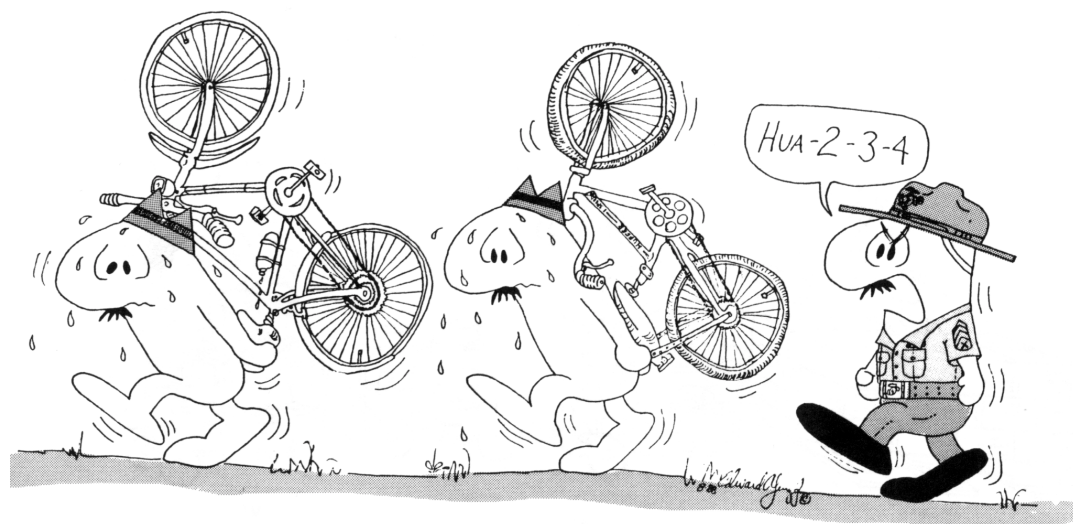
Call 1<sup>st</sup> Lt. Michael Smith at 577-6726 or 2<sup>nd</sup> Lt. Ayanna Harrison at 577-6155 with any questions.

The following is a list of key volunteers:

Meredith Taylor -- HRO x6478  
Barbara Ybarra -- Public Works x6127  
Annie Breitenback -- Public Works x6147  
David Reeves -- Contracting & Purchasing x6931  
Aniela Szymanski -- SJA x6678  
Michael Parker -- Base Safety x6984  
Bertie Dailey -- PAO x6430  
Daniel Dorado -- S-3 x6960  
Jack Stormo -- Environmental Div. x6937  
Carlos Alborna -- Environmental Div. x6856

101 things you should never ask a Marine to do

By E. Temple



Never ask a Marine to go on a bike hike.

Erin Foster -- Comptroller x6643  
Ayanna Harrison -- ASD x6155  
Ruby Adams -- Comm x6461  
Mike Burke -- MCB x7297  
Michelle Eichler -- MCB x7811  
James Daly -- PMO x6193  
Lafawn Skipper -- Chaplain's Office x6849  
James Yarbrough -- Installation & Logistics Division x6026  
Mary Griffiths -- BMC x6491

## MC Ball Committee Fundraisers

The Marine Corps Ball Committee is scheduled to hold the following fundraisers for this year's Marine Corps Ball:

Friday -- doughnut sales.  
Wednesday -- sausage sale  
May 14- golf and basketball tournament.

The money raised from these events will go toward this year's Marine Corps Ball. For more information, contact Danielle Heinze, HqBn., at 577-6307.

## Lot Sale

MCLB Barstow's Commissary is scheduled to hold a case lot sale from 6:30 a.m. to 6 p.m. May 21 and from 8:30 a.m. to 5:30 p.m. May 22. The event will be held in the Commissary parking lot.

Case lots are a way to save even more on Commissary every day low prices. The sale is open to all active duty, retired, reserve and guard personnel with Commissary privileges. Items will be limited to quantities on hand, no rain checks.

Savings of up to 50 percent on paper products, detergents, canned vegetables, juice drinks, snacks, frozen foods, cereal, pet supplies and more.

There is also the chance to win one of the Commissary's give-a-

ways. Prizes include camping gear, a barbeque grill, a \$50 shopping spree and a full size stand alone basketball hoop. For more information, call Patty Geary at 577-6403 ext. 201.

## Correction

In the BOOTS article printed April 29, 2004, it was stated that as of April 1, 2004 the green and black boots were no longer authorized to wear with any utility uniforms, and black leather boots are no longer authorized for wear with the new Marine Corps combat utility uniforms, but may still be worn with the older camouflage utilities per ALMAR 028/02. It has come to our attention that this policy was revised in MARADMIN 310/03, which states that the black boots and the green and black boots may be worn until October 1, 2004, when they are no longer authorized for wear with any of the utility uniforms.

## Support the Troops

The DOD has authorized the Armed Services Exchanges to sell prepaid calling cards to any individual or organization that wishes to purchase cards for the troops that are deployed in support to the "Help Our Troops Call Home" program. The ASE operates telephone call centers anywhere service members are deployed in support of Operation Enduring Freedom and Operation Iraqi Freedom. The cards offered are the best value for calls made from the call centers, they never expire, and there are no added charges or connection fees.

Anyone interested in donating a prepaid calling card can log onto

any of the following Web sites for more information:

The Army and Air Force Exchange Service at <http://www.aafes.com/>, the Navy exchange Service Command at <http://navynex.com/>, or the Marine Corps Exchange at <http://www.usmc-mccs.org/>. Click on the "Help Our Troops Call Home" link and prepaid cards can be purchased for a specific individual or to any service member who is hospitalized or deployed.

For personnel aboard MCLB Barstow wishing to make a donation, the Main Exchange is accepting donations. For more information, call (760)256-0212.

## Road Closure

The California Department of Transportation (Caltrans) will close the northbound Hodge Road off-ramp on Interstate 15 for 60 days beginning midnight Sunday. The northbound Hodge Road on-ramp will close for 30 days beginning midnight May 16. The detour for the northbound Hodge Road off Ramp is as follows: Go North on I-15 to Outlet Center Drive off-ramp, exit, turn left and proceed to the southbound Outlet Center Drive on-ramp. Enter southbound I-15 and continue to the southbound Hodge Road off ramp. The detour for the northbound Hodge Road on-ramp is as follows: Go west on Hodge Road to the southbound I-15 on-ramp, turn left and enter freeway. Exit at the Wild Wash Road off-ramp, turn left onto the northbound Wild Wash Road on-ramp to northbound I-15.

## Maintenance Complaint Line

To report complaints about repair and maintenance work on real property (base buildings excluding housing), call 577-5159

# MCB employee saves computers from flames

By Lance Cpl. Ashley Warden  
Combat Correspondent

Twenty-eight years in the US Army and the California National Guard can lead to many different things in life. Serving on bases all over the world, combat, and constant training to fine-tune skills are just a small number of duties service members face.

George Jauss, floor control manager for the M1150 tractor project at MCLB Barstow's Maintenance Center Cost Work Center 713, has been working here since 1983.

"I love working for the Marine Corps. My father was a master gunnery sergeant in the Marine Corps," he said. "I often tell people that I retired from the Marine Corps long before enlisting in the Army," said the Barstow native.

When Jauss first started working on MCLB Barstow, he was the only M1A1 Abrams Main Battle Tank mechanic.

"The work the civilian Marines do here is absolutely important to that of the Marine Corps mission," he said. "It's not that they are just working on a truck or palletizing meals, ready to eat. Trying their best may mean the difference between a Marine lying his life down or living."

At the beginning of 2004, Jauss was sent to the Middle East with the California National

Guard in support of Operation Iraqi Freedom I.

There were many reasons his unit was sent over to Iraq, but Jauss justified it as follows:

"We were sent because we're from the Mojave Desert; we know how to deal with the sun and how to make water."

In February 2004, Jauss was on a special operations mission for the California National Guard. The mission: provide an armed security team to meet the vice president, several congressmen and the U.S. Memorial Team from Washington D.C. at the Los Angeles International Airport. The team Jauss was assigned to picked up the team at LAX then retired in Lynwood, Calif.

"After securing the weapons, we were sitting on the porch of the National Guard Armory, located across the street from the Pathway High School, when one of the team sergeants noticed smoke and flashes of fire coming from the rooftop of one of the school's classrooms," Jauss said.

Jauss took initiative and walked across the street to see what was going on when he started to smell smoke produced by the fire. He called 9-1-1.

That wouldn't be only help the retired Army staff sergeant provided to the school. A large black garden hose and blankets were collected from where the team retired and was

brought to the school. Jauss also picked up bolt cutters on his way over to the school.

The bolt cutters were used to gain access to the schoolyard, which had two gates that provided extra security.

"The second gate had a lock and chain the bolt cutters could not cut through," said Jauss.

Taking advantage of his training, Jauss climbed over the fence, using the blankets he had brought over to shield his body from barbed wire on top of the fence. Meanwhile, another soldier went to the neighbors and explained to them what they were doing.

When he finally gained access to the school, a team member who went with him thought he heard the voices of children.

With limited fire training they received from being National Guardsmen, they went inside the building to make sure there were no children in danger.

Jauss went around to the front of the school after soaking the blankets in water and wrapping them around his head, and kicked the door in. Entering the burning building, he systematically cleared the rooms in the school.

"(We) checked anywhere scared children might hide," he said. "We made every effort to locate someone."

After learning that there was no one in the



Photo by Lance Cpl. Ashley Warden

George Jauss, floor control manager for the 1150 tractor project at MCLB Barstow's Maintenance Center, displays the award he recieved for saving a school's computers from a fire. The achievement award is for demonstrating exceptional and heroic courage during a crisis situation at Pathway High School.

See HERO Page 8

# Single + Marine = Opportunities



Photo by Lance Cpl. Jenna Lassandrello

Lance Cpl. Rebekah Wavle, a travel clerk with the Finance Office here , takes her turn while supporting the Single Marine Program at a bowling tournament held on April 23. “We just really wanted to sponsor an event that would be fun and everyone would have a good time,” said Sgt. Daniel Peters, the new SMP president.

**By Lance Cpl. Jenna Lassandrello**  
Combat Correspondent

The Single Marine Program on base provides single Marines with many opportunities. Opportunities like getting involved with the community, working on progressing their careers, and having fun with other single Marines.

The SMP is available at more than 18 Marine Corps bases and was implemented to increase the quality of life for the over 55 percent of the Marine Corps that is single. The SMP at MCLB Barstow just came under the leadership of a new president, Sgt. Daniel Peters, an inside plant chief for the Communications Division.

Peters has many plans in mind for the future of the SMP. “One of the main goals for the SMP is to show the Marines the many opportunities they have being stationed here. With Barstow’s convenient location, within a few hours of many California attractions, Marines need to take advantage of their time here and experience some of the great things California offers, said Peters.

Peters also is looking into increasing the recreation on base. “We recently sponsored a Karaoke night at the (Enlisted) Club and it was a big success. We hope to continue those kinds of events to increase the camaraderie, morale and really just give the Marines something fun to do,” said Peters.

Another main function of the SMP is its function as a direct link from the junior Marines with a problem or issue to the command.

“When there are problems that Marines

are having it can be hard to know where and how to bring it up, but in the Single Marine Program we have the opportunity to talk about it on the board and take it up to the command,” said Lance Cpl. Christopher Moore, a computer specialist with the Communications Division and the acting vice president for the SMP.

“It is almost like a power in numbers advantage. One Marine might not be able to change something about the base, but if he is joined by other Marines it will be brought to the attention of people in a position to fix it,” said Peters.

The SMP’s primary target is 17-to-25 year-olds living in the barracks. But it is also extended to geographical bachelors. There is no actual “joining” the SMP; all Marines who qualify can participate.

The SMP also is a way for the Marines to get involved with the community through events and volunteering.

The community relations side of the SMP can be one of the most fulfilling things that we do, said Moore. “It can give you a sense of doing something worthwhile,” said Moore.

“It is important to be effectively involved in the community as a military figure, and let the community know what the Marines are about,” said Peters.

So whether a single Marine is looking to get out to the community, or even just looking to get out of the barracks and make the time spent in Barstow worthwhile, the SMP may have the opportunities needed.

For more information about the local SMP program, contact Peters at 577-6181.



## PAINT from Page 1

collects all VOCs inside what is called a pre-concentrator that allows the system not to run at full volume all the time.”

The fact that it acts as an energy saving device as well is another feature to this high-tech air pollution control system, which makes the new facility even more attractive.

The Air Pollution Control System may be a major element in the newly constructed facility but there are other items that make the facility even more productive for the artisans as well such as below deck pits, which allow the painters to easily apply vehicle undercoating.

There are three primary paint booths and two component paint bays, plus the air coming into the booths is pre-heated to ensure correct temperature during the painting process. To get this each booth has touch screen digital control panels for paint operations.

To move the drying process along after painting there are also two primary drying ovens for the largest pieces of equipment and two component-drying ovens for the smaller parts.

Moving parts to be painted and dried isn't a problem because the facility has a switchback monorail and trolley system installed for processing small components and parts, and a 70-ton drag link system capable of moving non-operational vehicles through the paint process.

To top it all the entire facility is insulated and climate controlled and is also equipped with a fire suppression and alarm system, according to Lynn.

The facility was built with room for expansion, according to Lynn. It can accommodate up to three additional paint booths if neces-

sary.

Maintenance Center Barstow broke ground for the facility in March 2002 and it was completed in August of 2003, according to Clemmons.

“But we had a transition period where we were moving our old facility into the new facility,” said Lynn.

By November 2003 everything was moved and the new facility was fully functional.

“We took our existing outside areas and basically put everything inside; no more outside emissions,” said Clemmons. “All painting being done at MCLB Barstow is now run through a Mojave Air Quality Management District certified air pollution controlled system.”

As for the old facility, it's being kept in a reserve capacity because of anticipated surge workloads because of the needs of the Marine Corps and the current situation in Iraq, said Lynn.

And how does the new facility stack up with other paint facilities?

“As far as private facilities, we stack up against any facility that's out there, except for size,” said Lynn.

Lynn did emphasize that it's the people that really makes a difference in their operations, not just the building and the equipment.

He was also confident in saying that Maintenance Center Barstow has one of the finest facilities in the state and possibly the finest in the country.

“It's obvious we don't have hangar size paint bays here, but other than just the size we have the technology, we have the artisans and we have the equipment,” he concluded.



Photo by Rob Jackson

Utilizing one of the paint and coating facility's enormous bays, Betty Sluder, painter, applies a coat of paint to the inside panels of a field communications center.



Photo by Rob Jackson



Photo by Rob Jackson

Maintenance Center Barstow's new paint and coating facility was built with the environment in mind, installing this huge Air Pollution Control System that ensures air is nearly 100 percent clean when exhausted back into the atmosphere.

(Left) Sammy Valasquez, painter, tapes the hydraulic hoses on an MK-48 transfer case in the masking and prep area of the new paint and coating facility.



# Heat flags indicate safety – not weather, temp

**Compiled by:**  
Barstow Log Staff

The conflict of man against nature is the stuff great novels and motion pictures are made of; Titanic and Twister are only a couple examples.

In the Mojave, heat and the Santa Ana winds are the prime menaces. However, one probably shouldn't expect the release of a box office flick about the High Desert heat any time soon.

The winds and the heat together

can turn what sometimes seems to be just another three-digit day into a heat casualty nightmare.

The silent killer that is the desert atmosphere wreaks its havoc almost every year, claiming at least one into the heat casualty category.

Just in one month of the year 2000, more than 20 people fell victim to the heat, some of them members of a unit that conducted training here.

The almost nonexistent humidity levels that make MCLB Barstow perfect for its intended

purpose of storage and maintenance also pose a very real threat to those here who don't understand the weather's effect on the body and their limitations given their daily dose of triple-digit heat and Santa Ana winds.

The lack of humidity and gusting winds can lead one to believe that it is cooler than it actually is. If you are not dripping with sweat after a run, it's because it has already evaporated.

Hydrating and exercising caution are the best tools available to divert

becoming a casualty in the conflict here in the desert. Whether walking, working or exercising, one should respect the climate and be aware of the flag conditions.

Morning temperatures rapidly soar from a cool 70 degrees to scorching-hot, black-flag conditions by noon.

A common myth is that the flag conditions are determined solely on the temperature. However, there are many more variables that go into establishing the flag conditions, including humidity levels and wind

pressure.

The Wet Bulb Global Temperature Index indicates heat flag conditions.

The WBGTI is a combination of natural wet- and dry-bulb temperatures and a globe thermometer temperature.

So if the flag you're looking at is a black flag and it's not quite 90 degrees out, it would probably be best just to mind the flag because there are more than likely variables taken into account that you're not aware of.



## Green flag

(80 to 84.9 WBGTI). Heavy exercise for unacclimatized personnel will be conducted with caution and under constant supervision.



## Yellow flag

(85 to 87.9 WBGTI). Strenuous exercise, such as marching at standard cadence, will be suspended for unacclimatized personnel in their first two or three weeks. Outdoor classes in the sun are to be avoided.



## Red flag

(88 to 89.9 WBGTI). All physical training will be halted for those personnel who have not become thoroughly acclimatized by at least 12 weeks of living and working in the area. Personnel who are thoroughly acclimatized may carry on limited activities not to exceed six hours per day.



## Black flag

(90 WBGTI and above). All strenuous outdoor activity will be halted for all personnel.



Photo by Cpl. Andy J. Hurt

1st Lt. Jason Kut, head of the Principle End Item Branch of MCLB Barstow's Fleet Support Division, crawls out of a tunnel during a training exercise at the MCLB Barstow Fire and Emergency Services Division's urban training facility April 29. Kut, a "mustang" officer, has coordinated several operational training activities in the past months here, and says he has several more planned for the summer, including a first-aid course and a study of the Small Wars Manual.

## FORUM from Page 2

Civilian practitioners expect that their prescriptions will be filled at a pharmacy and reviewed by a licensed pharmacist. Prescriptions written by civilian practitioners are not electronically entered into the Department of Defense medical computer system, CHCS. By regulation, military prescribers or civilian prescribers employed by the Navy are not authorized to rewrite or change civilian prescriptions in any way. Furthermore, the dispensing clinic does not have access to a complete, up to date, and accurate medical record of the care and prescriptions given.

Navy treatment facilities use electronic prescription writing and medication safety checks with a special DOD pharmacy program to ensure patient safety with prescriptions. Prescriptions written by DOD providers are entered into CHCS and are documented in the member's health record. A pharmacist is not required to dispense these prescriptions due to the checks and balances that are provided through the computerized CHCS entry of prescriptions.

A DOD licensed healthcare professional or a pharmacy technician can dispense the medication. The clinic utilizes corpsmen, pharmacy technicians, nurses, and medical providers to check and dispense prescriptions.

Navy regulations provide for the dispensing of prescriptions without a pharmacist review.

In the rare case (most likely the result of a referral from a DOD provider or urgent/emergent care) an active member receives a written prescription from a civilian practitioner the prescription can still be filled at the clinic. In either of these situations, a military provider is responsible for the member's health care and documenting care provided in the member's health record.

For these reasons, civilian prescriptions for active duty can be filled by the clinic without a pharmacist review with notification to the military provider for continuity of care.

Several options are available for prescriptions written by civilian practitioners.

They can be filled through the TRICARE Mail Order Pharmacy (TMOP), a TRICARE network retail pharmacy,

or at another Military Treatment Facility with a pharmacist assigned. Active duty family members, military retirees and their family members are automatically TRICARE beneficiaries. Under TRICARE For Life, a benefit initiated April 1, 2001, retirees over the age of 65 are also automatically TRICARE beneficiaries, providing they have enrolled in Medicare Part B. The TMOP program is a convenient program for patients with long-term medications. After your initial registration with this program, you can order refills by telephone.

Prescriptions will be mailed to any U.S. address, including temporary addresses, APO and FPO.

TMOP can provide up to a 90-day supply of most medications with a co-payment of \$3 per generic drug prescription or \$9 for a brand-name drug. These co-payments are the same for TRICARE beneficiaries.

The clinic has information available about TMOP and will provide assistance with your enrollment.

You can call toll-free, 1-866-275-4732, or on the web at [www.express-scripts.com](http://www.express-scripts.com) for more information, or you can call the clinic at 760-577-6491, extensions 102 or 106. TRICARE Network pharmacies in the Barstow area are: Vons, Croals Rexall Drugs, Teplow Drugs, The Prescription Shoppe and WalMart.

Beneficiaries who live outside of Barstow can locate a TRICARE Network pharmacy close to them by calling 1-877-DOD-MEDS or by visiting the web at [www.tricare.osd.mil/pharmacy/retailnetwork.cfm](http://www.tricare.osd.mil/pharmacy/retailnetwork.cfm).

Network pharmacies have a 30-day supply of most medications with a co-payment of \$3 per prescription for generic drugs and a \$9 payment for brand-name drugs.

These co-payments are the same for TRICARE Prime, TLF, TRICARE Standard and TRICARE Plus enrollees.

The clinic's Health Benefits Advisor, Gloria Sheppard, is available at 760-577-6491, extension 102. She can assist in determining your enrollment status.

The clinic's Officer in Charge, Lt. Cmdr. Donna Jefcoat, can answer questions about the clinic's change of policy at 760-577-6575.

Thank you for contacting the Commander's Forum.

## VITA from Page 1

Fadeley smiled and proudly exclaimed, “It’s gotten better.”

Fadeley said that although the three base volunteers did extremely well in coordinating and executing their efforts, Staff Sgt. Laura Sikes served as a prime example of VITA’s dedication to customer service, putting off her school at the Marine Corps University Staff Academy until the program had wrapped up for the year.

“We were very proud of our quality and success this year,” said Fadeley.

Fadeley stressed the fact that although April 15 had come and gone, those service members who still needed assistance with their taxes could seek help with the program.

“April 15 is (critical) for those who owe money,” she said. “But for those who don’t owe money, you don’t want the government to continue spending your dollar.”

In addition to diligent customers who filed their income taxes on time, Fadeley said that the program helped “quite a few” younger customers who failed to file as late as 2001.

The numbers speak for themselves, but if they are not convincing enough to this year’s tax season success through VITA, Fadeley gave her personal guarantee of success.

“We’re truly committed.”

For more information on the VITA program, contact Fadeley at 577-6874.

## CHAPLAIN from Page 2

mean that they must give into their selfish desires. It is a matter of character.

A person of character says no to temptations that would lead them to break their own beliefs. For instance, the story I read today that discussed the temptation of Christ (St. Matthew 4:1-11) discusses what happened when Christ was tempted. The interesting thing in that story was that the way each temptation was offered was a misuse of Scripture.

I think that shows how far back the art of manipulating the written word, whether sacred or secular goes.

Each temptation seems to be greater than the first and the tension of the story builds like a great novella. The first temptation reflects

our human nature to miss what is really important.

In this passage Jesus had been fasting for 40 days and was very hungry so the tempter suggested that he command some rocks to turn into bread to satiate his hunger. The reason for the fast was to prepare him for the special work he was about to undertake that would require a monumental level of commitment and strength.

So, the temptation to create bread appealed not only to his need for food but also the human characteristic of pride through demonstrating the power to create. The second temptation was to be put in position where the angels of the Almighty would have to rescue him.

Again, this temptation appealed to the human need to be well thought of and important to someone, to be valued.

Christ responded by noting that we should not put God to the test by putting ourselves purposefully in positions from which we need to be rescued.

That is to say, God will come to our assistance when it is needful and right and when it fits in with the purpose God has for our lives; not

when we want it to happen.

Lastly, the temptation of being the king of all the cities of the world was presented, appealing to the human nature to be a person of great power and wealth.

All Christ had to do was to turn against everything within his nature and worship the tempter.

Knowing this Christ indicated that he would not do it because he intended to worship God and only God. The point for us is that we all have different motives for what we do and we must learn to identify temptation in order to avoid it. When we can identify temptation we can be strengthened against it and remain able to resist it and do what it right. In other words, in resisting temptation we become people of character.

Peace,

Fr Randel

## HERO from Page 4

school, Jauss made the conscious decision to save a room of computers the school had.

“The school was in a poor area

and looked to be of limited funds,” said Jauss.

“We wanted the kids to have a key to the future.”

They covered the computers with rubber floor mats before Jauss went to grab the hose.

Jauss succeeded in fighting the flames back to the source of the fire, which turned out to be an electrical circuit breaker box located at the back of the room.

Jauss and another soldier held the flames at bay until the firemen arrived at the scene.

One of the firemen tried to criticize Jauss for putting his life at risk.

Jauss replied: “When you join the California National Guard, our mission is to protect and serve the property of the taxpayers and the people at all costs.”.

“We do dangerous things, that is our chemistry.”

Jauss received an achievement award from the Lynwood Unified School District for demonstrating “exceptional and heroic courage” during a crisis situation at Pathway High School.

For his actions at the school and 28 years of service, George Jauss can truly be called a local hero.





**By Jim Gaines**  
**MCCS Publicity**  
**Mother's Day Sale**

There's still time to get your cards and candy for Mom right here at the Super Seven Store. We have great gift ideas, plus a super flower special - one dozen pre-wrapped long stem roses for only \$21.99.

For more information, call the Super Seven Store at 256-8974.

The Super Seven Store and Gas Station hours are: Mondays through Fridays, 6:30 a.m. to 9 p.m., Saturdays, 8 a.m. to 9 p.m., and Sundays, 10 a.m. to 6 p.m. Credit card sales for gas at the pumps are 24/7.

**Club activities**

At the Oasis Club this week: Tonight is Happy Hour from 3:30 to 6 p.m. Tomorrow is Karoke Night. Tuesday is Burn Your Own Steak Night, and Wednesday is Movie Night.

Thursday is Happy Hour from 3:30 to 5:30 p.m.

For more information, call 577-6418

At the Enlisted Club this week: Darts, pool, TV and CD music every night. TGIFriday! every Friday. Saturdays, Sundays, Mondays and Tuesdays are Bar and Grill Nights, and Wednesdays are Midweek Relaxation Hour from 6:30 to 7:30 p.m.

For more information, call 577-6418

**Hobby Shops closed**

The Hobby Shops will be closed today for training and development.

**Auto Hobby Shop's new hours**

The Auto Hobby Shop's summer hours are Wednesdays through Fridays from 1 to 9 p.m., and Saturdays and Sundays from 10 a.m. to 6 p.m. For more information, call 577-6441.

**Free Wednesday Movies**

Free movies every Wednesday at the Enlisted Club on the patio. Bring your own chair, blanket and picnic dinner and take in a movie - it's free!

Wednesday's movie is "Lost in Translation." The film is rated R. The length of the film is one hour, 42 minutes. Movies begin at dusk.

For more information, call 577-6817.

**Infant Massage Class**

New Parent Support offers this class on Tuesday from 1 to 2 p.m. Bring your baby (6 months or younger) and join the class for techniques of infant massage. You bring two towels and some extra diapers - they'll provide the rest. Call for information on location at 577-6332.

**Archery Range**

Did you know that MCCS has an archery range? We do. It's located in Building 327.

Call 577-6705 or stop by Building 167 to check out the key. We have targets available and limited equipment.

**Hot weather is here**

Time to cool off at one of the many water parks. ITT has tickets to water parks in Southern California and Las Vegas.

Call 577-6541 for all the details.

*Mother's Day Brunch  
 at the Family Restaurant  
 Sunday  
 9 a.m. to 2 p.m.*



**Menu**

*Baron of beef carved on line with au jus,  
 baked and fried chicken, bacon, sausage,  
 Mojo potatoes, cut corn,  
 pancakes, french toast, omelets made to order,  
 tossed green salad, fresh cut fruits,  
 apple and peach cobblers  
 and  
 flowers for all Mothers*

*All Welcome!  
 Adults \$10.95  
 Children (ages 5 to 11) \$6.95*

*Call 577-6428*





2000 TOYOTA TUNDRA: Limited access cab w/4 doors, shell, bed liner, A/C, AM/FM CD player, 69000 Mi, KBB \$14,180, ASKING \$14,950. Call 256-6632.

1999 CHEVY S-10: 55,000 miles, great on gas, lots of extras, \$7,000. OBO. Call 255-2771 to see.

1996 CHEVY CAMARO: Z-28, "immaculate", Red, 59K miles, leather interior, all power, T-top, auto trans, tinted windows, \$9,500 OBO. Call cell anytime (760) 590-9665.

1966 DODGE POLARA : Station wagon, 383 engine auto, air, roof rack, runs, needs TLC, \$1,200. Call 254-1913.

1966 PLYMOUTH FURY: 383 engine auto, air, four door, runs, needs TLC, \$1,200. Call 254-1913.

MOTORCYCLES: 2003 Honda Metropolitan motorcycle, if you hate current gas prices, 100 miles per tank, great work vehicle but not freeway legal, \$1,500; hitch mount tilt-a-rack, for small motorcycle, \$200 firm. Call 254-2295. Lv msg.

MISCELLANEOUS: Carpet, Burgundy, 12 x14, xlt cond., \$50. Call 256-1653. Lv msg.

MISCELLANEOUS: Bridgestone truck tires (LT235/75/R15), Xlt Cond., \$200; sofa (Hide-a-bed), brand new never been used, gray/blue in color, \$250. Call 256-1430.

MISCELLANEOUS: Dinette set 42" glass table top with 4 chairs, \$60. Call 255-4339.

MISCELLANEOUS: Twin day bed with mattress \$75, OBO; sky blue sofa and loveseat set, \$175, OBO; 1-door touch lamp, 1-desk touch lamp set, \$50, OBO; 1-large white 3-drawer dresser w/cabinet on side, \$75, OBO; large gird cage, \$35, OBO. Call 252-4787 or 447-2771.

MISCELLANEOUS: Two bow back barstool kits, \$20 each; one IBM Selectric typewriter, needs cleaning, \$30; one 2 inch hitch ball, \$10; empty Qt canning jars, \$20 takes all. Call 254-2295. Lv msg.

MISCELLANEOUS: Baby items for sale; entertainment center, \$30, OBO; rocking cradle w/bedding, \$65, OBO; large stroller, \$80, OBO; small stroller, \$35, OBO; swing set, \$30, OBO; Blues blue blanket (twin size) w/ drapes and sheets, \$45, OBO. Call 252-4787or 447-2771.

MISCELLANEOUS: VW bug older style mages 5 lug all 4 rims, \$75, dual quad aluminum manifold for a 327 Chevy, \$125; 1988 and newer Honda Civic interior parts, make offer. Call 254-1913.

MISCELLANEOUS: Sears Kenmore electric clothes dryer, almond color, works but makes noise, FREE, you pick up. Call 252-3886.

MISCELLANEOUS: Dog Igloo for medium to large dogs, like new \$60. Call 252-9120. Lv msg.

MOVING SALE: Saturday only, May 8<sup>th</sup>, 8 a.m. dishes, furniture, various items, 640 Yucca, Barstow.

QUEEN SIZED Waterbed frame with regular mattress. Black wood with gold trim, mirrored headboard with glass doors. Two matching nightstands. \$150. Entertainment center, black wood with gold trim. \$75. (760) 951-7281.

